

## Insurance Premium Assistance

### Caring Voice Coalition

Caring Voice Coalition serves people with the following chronic conditions: Alpha-1 Antitrypsin Deficiency (Alpha-1), Chronic Granulomatous Disease (CGD), Complex Partial Seizures (CPS), Huntington's Disease (HD), Idiopathic Pulmonary Fibrosis (IPF), Infantile Spasms (IS), and Pulmonary Arterial Hypertension (PAH) offering the following:

- *Financial Assistance Program:* Providing financial support to help patients keep and use health insurance coverage.
- *Insurance Education and Counseling:* Helping patients get the most from their healthcare coverage.
- *Patient Support Program:* Linking patients and caregivers to needed services and resources.

These programs offer assistance with premiums, insurance co-pays, and Medicare prescription drug co-pay assistance. Patients are screened for eligibility and special circumstances are considered. Contact them by calling toll free 888-267-1440 or visit their website at [www.caringvoice.org](http://www.caringvoice.org).

### Patient Services Inc.

Since 1989, Patient Services Inc. has helped people who live with certain chronic illnesses or conditions locate suitable health insurance coverage and access ways to satisfy expensive co-payments. Below is a list of current financial assistance programs and the patients they serve.

- Premium and COBRA Assistance
- Co-Payment and Medicare Part D Co-Insurance Assistance
- Acromegaly, Alpha1 Antitrypsin Deficiency, Chronic inflammatory Demyelinating Polyneuropathy (CIDP), Complement Mediated Diseases (CMD), Fabry, Hemophilia, Hereditary Angioedema (C1 Inhibitor Deficiencies), IGF-1, Inhibitors in Hemophilia,
- MPS1, Pompe, Primary Immune Deficiency, Virginia HIV/AIDS SPAP Program

For those patients who qualify, Patient Services offers full assistance, or a share of cost, for a period of one year. The amount of funding a client receives is based on a number of factors including income, Federal Poverty Level (FPL) and other extenuating circumstances. There are a number of ways that you can apply for assistance through one of PSI's health insurance premium assistance programs. You can apply for assistance by:

- Calling Patient Services Representatives at 1-800-366-7741
- Download the application and instructions

<http://www.patientservicesinc.org>

### CHIP: Children's Health Insurance Program

Originally created in 1997, CHIP is Title XXI of the Social Security Act and is a state and federal partnership that targets

uninsured children and pregnant women in families with incomes too high to qualify for most state Medicaid programs, but often too low to afford private coverage. Within Federal guidelines, each State determines the design of its individual CHIP program, including eligibility parameters, benefit packages, payment levels for coverage, and administrative procedures.

Families who earn too much to qualify for Medicaid may be able to qualify for CHIP. Families that do not currently have health insurance are likely to be eligible, even if you are working. The states have different eligibility rules, but in most states, uninsured children under the age of 19, whose families earn up to \$44,100 a year (for a family of four) are eligible. For little or no cost, this insurance pays for:

1. doctor visits
2. immunizations
3. hospitalizations
4. emergency room visits

To find your state information, visit <https://www.cms.gov/LowCostHealthInsFamChild/> or contact your local Social Services office and ask about CHIP.

### National Organization for Rare Disorders

The National Organization for Rare Disorders (NORD) is a unique federation of voluntary health organizations dedicated to helping people with rare "orphan" diseases and assisting the organizations that serve them. NORD is committed to the identification, treatment, and cure of rare disorders through programs of education, advocacy, research, and service.

Email: [orphan@rarediseases.org](mailto:orphan@rarediseases.org)

Address: 55 Kenosia Avenue PO Box 1968 Danbury, CT 06813-1968

Phone: (203) 744-0100 Fax: (203) 798-2291

Assistance: National, Insurance Copayment Assistance, Insurance Premium Assistance, Prescription Assistance

### HealthWell Foundation

The HealthWell Foundation addresses the needs of individuals who cannot afford their insurance copayments, premiums, coinsurance, or other out-of-pocket health care costs.

Email: [info@healthwellfoundation.org](mailto:info@healthwellfoundation.org)

Phone: 1-800-675-8416 Fax: (800) 282-7692

Assistance: National, Insurance Copayment Assistance, Insurance Premium Assistance, Prescription Assistance, Other Patient Support

### Phone Home on Us

To sign up for the program cosponsored by A1AA and Coram Healthcare, go to

[http://www.alpha1advocacy.org/a1aa\\_phonocard\\_program.htm](http://www.alpha1advocacy.org/a1aa_phonocard_program.htm)

or call us toll free at 1-866-367-2122.

### Alpha-1 Advocacy Alliance

"Our mission is to improve the health and well being of those affected by Alpha-1 through support to patients, educating healthcare professionals, and advancing public policy for the Alpha-1 Community."

## Utility Assistance

LIHEAP is a federally funded program that is run by states and other organizations. Grantees typically come from low income households and are seeking assistance for their home utility and energy bills. It has been operating since 1982 and its official purpose is to assist struggling, primarily low-income households that pay a too high proportion of their household income reduce their utility bills that are paid for home energy needs. The program will encourage priority to be given to those with the highest home energy needs, and assistance needs. This often means low income households with a too high energy burden and/or the presence of a vulnerable individual in the household, which may mean a disabled person, a young child, or frail older individual. Find your available state program information at [http://www.utilitybillassistance.com/html/utility\\_bill\\_assistance\\_progra.html](http://www.utilitybillassistance.com/html/utility_bill_assistance_progra.html).

In addition, each electric company has an assistance program for people in crisis. The key to these programs is communication between you and the utility company. Always keep them abreast of your personal situation whether it is income related, hospitalization or using a concentrator for oxygen. There are forms to fill out that will ensure your service if you depend on electricity for your oxygen. Electric companies also offer Balanced Payment Plans where you pay an even amount each month regardless of usage. An important aspect of this is to not miss a payment. You must keep your end of the deal.

States and localities will have programs specific to their residents. In addition, local churches and organizations may have assistance programs available. Check with your pastor, social services department or local Lions, Kiwanas, Optimists, Ruritans, Salvation Army and American Legion.

### 1AAT Grants

The **Alpha-1 Advocacy Alliance** offers assistance to Alpha-1 patients/families with 1 Alpha At a Time grants. These are specific to help with emergency cut-off utility bills and medical prescription co-pays. All funds are paid directly to the utility company. Application is available on line at [www.alpha1advocacy.org/1aatprogram.html](http://www.alpha1advocacy.org/1aatprogram.html) or you may apply by phone at 866-367-2122. To qualify, you must be a patient with Alpha-1 or have a family member affected and there must be a termination notice on the electric, gas or water bill. Grants are limited to assist more patients and available based on funding.

## Telephone Bills

While it's very convenient to have both a landline and a cell phone, it can be costly to have both. If you have local family, they may belong to a family plan and allow you to have a cell phone connected to their plan. This could reduce your cost especially if you only use a phone for necessary calls and not as a social connection. If you have a computer, you can connect to SKYPE for free long distance. You can get a local line only and drop long distance service. Then if you need to make long distance calls, get phone cards through the **Call Home On Us** program through the Alliance and Coram Healthcare. You can always use your local line to call toll free numbers.

For low-cost cell phones, consider pre-paid phones. With these, you purchase the phone and then buy minutes to use. You do not have monthly charges. Instead, you buy minutes as you need them so you regulate your costs completely. **TracPhone** offers a variety of phones and ways to purchase minutes. You can find them in most retail stores. **Jitterbug** is another phone program that has you buy the phone and then buy lower cost plans. Plans begin at \$15.00 a month for 50 minutes a month and go up to \$80.00 for unlimited texts and minutes. The phones are easy to see, use and hear-designed for an older population. **Consumer cellular** is another service available with lower package rates ranging from \$10-60.00 a month with 0-2000 minutes. They are online at [www.consumercellular.com](http://www.consumercellular.com). They also offer a discount to AARP members and family plans for extra lines.

If you're living on a limited income, you may even be able to get a free cell phone and free airtime each month through a program called **SafeLink Wireless**, which was created by TracFone, and is currently available in 29 states including the District of Columbia. To qualify, you'll need to show that you're receiving certain types of government benefits, such as Medicaid, Food Stamps, SSI, or have a household income at or below 135 percent of the poverty line – that's \$14,621 for an individual and \$19,670 for a family of two. To learn more or apply, call 800-723-3546 or visit [safelink.com](http://safelink.com).

If, however, you don't qualify or if your state doesn't yet have a SafeLink program, another option to check into is the 911 Cell Phone Bank. This is a program that provides free, emergency-only cell phones to seniors and victims of abuse. To see if there's an emergency cell

## Buy & Sell

Want to sell something? Need to buy something?  
Call toll-free at 1-866-FOR-A1AA (1-866-367-2122)  
to place your no-charge ad in the next issue.

phone program near you, contact your local law enforcement agency or see [www.911cellphonebank.org/agencies.asp](http://www.911cellphonebank.org/agencies.asp).

From Savvy Senior: If you're in a long-term cellular contract and want to escape without paying the hefty early termination penalty see [cellswapper.com](http://cellswapper.com) or [celltradeusa.com](http://celltradeusa.com). These companies match cellular customers who want out of their contracts with people who are willing to take them over.

## Remember to Shop at IGIVE.com



**iGive.com** is an Internet organization that allows you to designate your favorite charity as the beneficiary of your online shopping. The Alpha-1 Advocacy Alliance is one such charity that benefits. A

penny a search and a portion of each purchase will be donated. Register with **iGive** and shop at brand name online stores through the iGive Mall. Also, save money with exclusive coupons/free shipping deals. Plus, when you shop within 45 days of registering iGive will donate an extra \$5 to your cause! Over seven hundred (700+) member stores donate a percentage, ranging from 1% to 26%, of what you spend with them. This can add up to sizable donations for our group. You probably already shop at some of the stores, such as Amazon.com, eBay, Staples, JCPenney, Barnes & Noble, Overstock.com, drugstore.com, Office Depot, Expedia, Home Depot, HSN, Best Buy, Drs. Foster & Smith, Gap, Buy.com, & NORDSTROM. For a complete list of stores, the percent donated and coupons, go to <http://www.igive.com/html/merchantlist2.cfm>.

## Help Alhapotamus:

Find the words, which are forward, backwards, up, down, or diagonal.

DAFFODIL	S A G D M G N T A S X J
FLOWER	T L A B E L G R E E N O
GARDENING	O L R D L R J A C K E T
GREEN	O E D V T U L I P S W H
GROWTH	B R E N I H S N U S L C
JACKET	R B N O N E L D D U P S
MELTING	E M I T G N I R P S F S
PUDDLE	B U N D A F F O D I L X
RAINBOW	B K G T U O R P S Q O W
RAINDROPS	U Z H S A L P S R N W O
RUBBERBOOTS	R A I N B O W S D E E S
SEEDS	H D F F D K H T W O R G
SPLASH	
SPRINGTIME	
SPROUT	
SUNSHINE	
TULIPS	
UMBRELLA	



## Not Just Alphas Assisted

Ann Marie Benzinger



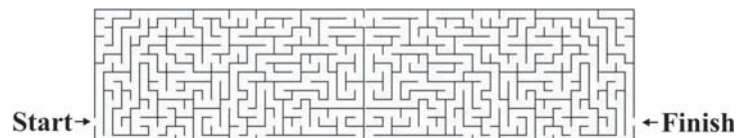
If you have started reading *The Register* edition, you already see that this issue is dedicated to patient assistance programs that may be of help to Alpha-1 patients and their families. This does not mean they are limited to those affected by Alpha-1; many of these programs will work for anyone who qualifies financially or just applies for the programs. You do

not have to be destitute to need assistance. Assistance comes in many sizes and amounts. You may just need a temporary hand after a trip to the hospital that has left you in a weakened state or you might need a driver when adjusting to a new medication. A high co-payment for a necessary medicine can be a budget buster. Groceries can eat you up if you don't shop smartly finding the biggest bang for your buck. Using coupons when items are on sale can lead to shopping for free! You have to look for the buys and then utilize your membership programs, coupons and two-for-one deals. Shopping warehouse clubs can help too but if you don't need a gallon of ketchup, opt out of that one! Sharing large packages with friends and family can cut prices.

We couldn't list all the assistance programs out there in one issue and by no means do we know every program out there. We've tried to find as many as possible in the areas we have needed help. The Alliance tries to help as many patients as possible with the IAAT Grant program but we know there are many more people who need help beyond our limits. We hope this compilation will aid you, your family and your neighbors should they require a hand-up. Remember, help is generally a question away. If you find yourself between a rock and a hard place, tell someone about your situation. Talk to your support person, your advocate, your family, your doctor, hospital social worker, your nurse or call us. We will be happy to do whatever we can to find you the help you need.

In addition, each state has different types of programs that may help you in your home. For this, you may have to check your state's website to find any programs they offer.

Can you find the way to the finish?



## Mortgage and Rental Assistance

If your situation has put you in a place where you cannot pay your mortgage or you are facing eviction from your rental property, you are in a difficult place. You cannot ignore it hoping it will go away. Do not wait. As soon as you realize you are going to be late, notify your mortgage holder or landlord. Do not make promises you cannot keep. Pay partial amounts if not the whole month's payment and let them know how you intend to catch up. Formulate a plan of action to present when you pay the partial payment.

Community Action Programs are federally funded programs offering assistance. The following link lists contact information for many counties and links to many of the programs.

[http://www.needhelpayingbills.com/html/community\\_action\\_agency.html](http://www.needhelpayingbills.com/html/community_action_agency.html).

The following link applies to state mortgage assistance and foreclosure programs: [http://www.needhelpayingbills.com/html/mortgage\\_assistance\\_and\\_forecl.html](http://www.needhelpayingbills.com/html/mortgage_assistance_and_forecl.html). Each state is listed with the programs available. Click on your state for a program that may help you. Do not be confused by ads that are not affiliated with state and federal programs.

If you find yourself evicted from your home, go to a relative, friend or a local shelter. From there, contact social services and the Salvation Army for programs in your area to assist you.

## Long-term Outcome in 42 Pediatric Liver Transplant Patients with Alpha 1-antitrypsin Deficiency: A Single-center Experience

*M. G. Hughes Jr., K. M. Khan, A. C. Gruessner, H. Sharp, M. Hill, T. Jie, R. Kandaswamy, A. Humar, W. D. Payne, and R. W. G. Gruessner, Clin Transplant 2010 DOI: 10.1111/j.1399-0012.2010.01371.x*

**Abstract:** We examined the long-term outcome of transplantation for alpha 1-antitrypsin deficiency (A1ATD).

**Method:** Data were reviewed on 42 transplants in 35 children with A1ATD over 42 yr and compared with 129 transplants in 116 children with biliary atresia (BA).

**Results:** Over 50% of patients were followed up for >10 yr. A1ATD were older than BA at transplantation, median age, 6.0 vs. 1.0 yr ( $p < 0.0001$ ), and transplanted earlier in the course of liver failure (total bilirubin, 2.7 mg/dL [1.4–6.9] vs. 9.7 mg/dL [2.9–15.4],  $p = 0.005$ ). Patient survival was greater in A1ATD than BA: one-yr post-transplant, 82.7% vs. 67.9%; five yr, 76.5% vs. 60.2%; and 10 yr, 76.5% vs. 55.9% ( $p = 0.03$ ). Death-censored graft survival was similar: one-yr post-transplant, 68.4% vs. 66.2%; five yr, 68.4% vs. 55.8%; and 10 yr, 68.4% vs. 52.5% ( $p = 0.2$ ). Deaths were from infection, hemorrhage, and graft failure <6 months post-transplant. Patient survival improved at five yr from 33.3% pre-cyclosporine (CSA) (1969–1984) ( $n = 6$ ) to 76.5% in the CSA era (1985–1994) ( $n = 17$ ) and 100% with tacrolimus (1995–2006) ( $n = 12$ ) ( $p = 0.007$ ).

**Conclusions:** The age at transplantation and the degree of liver dysfunction were related to the differences in graft and patient survival between A1AT and BA.

## Buy & Sell

Want to sell something? Need to buy something?

Call toll-free at 1-866-FOR-A1AA (1-866-367-2122) to place your no-charge ad in the next issue.

**A1AA Register is published by  
Alpha-1 Advocacy Alliance, Inc.  
Copyright © 2011 by  
Alpha-1 Advocacy Alliance, Inc.**

<http://www.alpha1advocacy.org>

**For Information Call: 540-948-6777 or Toll Free:  
1-866-FOR-A1AA;**

**Fax: 540-948-6763  
PO BOX 202**

**(1-866-367-2122)  
Wolfstown, VA 22748**

*Disclaimer:* All images, quotes, material are copyrighted by their original owners and are used in this newsletter strictly for the purpose of information and education and absolutely no financial profit, reproduced in complete compliance with US Code, Title 17, Copyrights, Chapter 1, Sec.107 on Fair Usage.



Your new choice in  
**alpha-1** homecare

BioRx is a privately-owned specialty pharmacy founded in 2004. With its early dedication to customer service, BioRx has quickly become a provider of choice for patients who require long-term home infusion therapy.

BioRx recently became one of the newest providers of homecare service to the alpha-1 community. As an authorized distributor of Glassia™ and Aralast NP, we stand ready to meet the same high standards of care that set us apart. We look forward to serving you...



866.442.4679 | [www.BioRx.net](http://www.BioRx.net) | [www.MyAlpha1Solutions.com](http://www.MyAlpha1Solutions.com)

## Shop at our Website

The Alpha-1 Advocacy Alliance Shoppe is located at

<http://www.alpha1advocacy.org/frdonation.html>. While you are shopping for a T-shirt (design shown on the left), be sure to check out the other items offered as fund-raisers. Also remember, when shopping online for ordinary items, be sure to go to the A1AA website and use the [www.IGive.com](http://www.IGive.com) and [Giveline.com](http://Giveline.com) links to find those stores that give percentage (up to 25%) of your purchase dollars to your designated nonprofit organization.

Of course, our little buddy Alphapotamus can be purchased, too. Be sure to click on “full details here” and learn how Alphapotamus cheers up our little Alphas when they’re in the hospital. Any purchase on the A1AA Shoppe site helps the Alpha-1 Advocacy Alliance continue to fulfill its mission “to advocate for all individuals affected by Alpha-1 Antitrypsin Deficiency (Alpha-1) through programs and services of personal advocacy, education, support and public policy in order to improve all aspects of their lives.”

If you’re not a member of the A1AA, please go to <http://www.alpha1advocacy.org/membership.html> and join. It’s a free membership and you’ll get updates about A1AA programs, personal support, plus a copy of the bi-monthly newsletter. Thank you for your continued support and stay tuned for more announcements from the A1AA.

## Prescription Assistance

Most of you know that there is generally help with the costs of prescriptions if you cannot afford them. Sometimes it is hard to find the help and sometimes the help is not well known. Often, the information is out there, but no one knows you need the help.

A few suggestions to help you:

- Ask your doctor to substitute generic for name brand whenever possible
- If you are prescribed a high priced name brand drug, ask if there is a patient assistance program available.
- Ask for samples of any new drug that you are prescribed or one that you already know is more than you can afford.
- If you have a prescription program, see if mail order will reduce your co-pay.



- Check your prescription program for discounts when getting a 90 day supply vs. a 30 day supply.
- Check your medicine against your drug store’s low-cost list of drugs. It may be cheaper to buy it from the \$4.00 list rather than pay your \$6.00 co-pay using your insurance.
- Price compare drug stores. Prices can vary from store to store. Be sure to check large warehouse stores like Costco and Sam’s Club.

## RX Assist

Each pharmaceutical company offers some type of patient assistance program either directly to the consumer or through another program. Patient assistance programs are run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine. RxAssist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need. At <http://www.rxassist.org> you can find programs for just about any drug.

## RX HOPE

This website offers a similar program listing assistance programs for many drugs. If you cannot find your medicine on one site, look here: <https://www.rxhope.com/home.aspx>.

## Patient Advocate Foundation Co-Pay Relief


Patient Advocate Foundation’s Co-Pay Relief (CPR) Program provides direct co-payment assistance for pharmaceutical

## Choosing Coram as your alpha-1 provider is a breeze


Coram is a national provider of multiple augmentation therapies for alpha-1 antitrypsin deficiency patients. Our alpha-1 program includes:

- Multiple therapy options for patients who have not tolerated or responded well to another augmentation therapy
- Extensive consumer advocacy program
- Alpha-1 therapy provided in the comfort of your own home, office or alternate-site infusion suite
  - 24/7 clinical support and in-home training and education
  - Oxygen, respiratory medications and medical equipment services from an affiliated Apria Healthcare branch

*Coram’s mission is to be the provider of choice for all of your alpha-1 therapy needs.*



Alpha-1 Hotline • 866.FOR.A1Pi  
Web • [coramhc.com](http://coramhc.com)



products to insured Americans who financially and medically qualify.

Email: [help@patientadvocate.org](mailto:help@patientadvocate.org)  
 Phone: (800) 532-5274 Fax: (757) 873-8999  
 Assistance: National, Medicare Prescription Drug Assistance, Prescription Assistance Needy Meds

**NeedyMeds**

NeedyMeds is a 501(3)(c) nonprofit with the mission of helping people who cannot afford medicine or healthcare costs. The information at NeedyMeds is available anonymously and free of charge.

Email: [info@needymeds.com](mailto:info@needymeds.com)  
 Phone: (978) 865-4115 Fax: (419) 858-7221  
 Assistance: National, Medicare Prescription Drug Assistance, Insurance Copayment Assistance, Prescription Assistance PPARX

**Food Assistance**

**Angel Food Ministries**

This is a nonprofit, nondenominational organization dedicated to providing food relief and financial support to communities throughout the United States. The program began in 1994 with 34 families in Monroe, Georgia and has grown to serve hundreds of thousands of families every month across 45 states. Angel Food Ministries crosses denominational lines.

There are no qualifications, minimums, income restrictions, or applications. Generally, one unit of food assists in feeding a family of four for about one week or a single senior citizen for almost a month. The food is all the same high quality one could purchase at a grocery store. There are many different combinations you may select from including fresh fruits and vegetables and after school packs. Orders and distribution are handled by church host sites.

The cost varies based on the packet ordered- generally \$16.00-\$50.00. Orders and payment are collected by the host sites during the first part of each month. Orders then come to your host site where you pick them up later in the month. Angel Food Ministries also participates in the U.S. Food Stamp program, using the Off-Line Food Stamp Voucher system. To find a program near you, go to: <http://www.angelfoodministries.com/about/Default.asp?>

**Supplemental Nutrition Assistance Program (SNAP)**

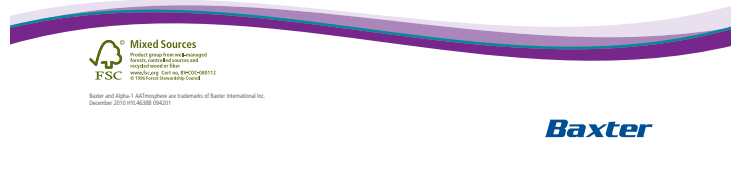
SNAP is available nationwide to eligible individuals and families. You can apply online or in person at your local Department of Social Services (DSS). At the same time your one application will find your eligibility for other assistance programs including energy assistance, help with Medicare expenses, FAMIS or CHIP programs and WIC.



The Alpha-1 AATmosphere program provides you and your patients with encompassing Alpha-1 support.

- Assistance**  
Insurance Assistance can help patients verify their benefits and explore coverage options
- Education**  
Alpha-1 AATmosphere Knowledge Network enables patients to stay in touch with research and information
- Support**  
One-on-One Support provides personalized support from nurses and Alpha-1 advocates
- Security**  
Alpha-1 Security offers patients A<sub>1</sub>-PI therapy in the event of an insurance lapse\*

For more information on the Alpha-1 AATmosphere program, visit [www.aatmosphere.com](http://www.aatmosphere.com) or call 1-866-272-5278.



Start here and it will lead you to your state's program: <http://www.snap-step1.usda.gov/fns/>.

**Food Banks**

Food banks are available nationwide, serving anyone expressing a need for assistance. Food is donated by small and large companies, individuals and businesses and foods available change based on donations. The program is meant to assist persons with temporary needs. Find one in your locality by visiting <http://feedingamerica.org/>

Locally, there may be smaller programs called food pantries. Each program runs independently by the locality or governing organization. Not all, but many are listed on this website: <http://www.foodpantries.org>.

Many churches are hosting "free dinner" nights or hot lunches at no charge to the community. There are often free offering baskets for one to make a donation, but you are under no obligation to pay a certain amount or any amount at all. Consider donating your time to assist in preparation or serving of the meal.

Solve the cryptogram—substitute letters to form a familiar phrase.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

A
A - 1
A

6 14 1 21 6
6 16 4 12 4 20 13 1 18 12 16
11 22 5 12 7 12 22 16 7 13

3 7 7 9 20 18
15 3 20 14 11 15 12 11 22

## Other Programs

What do you qualify for in assistance programs? Do you really know? Some states will supply someone to come in and clean for those unable to do it on their own because of age or disability. Maybe you have a van available to pick you up and get you to your doctor appointments. You might qualify for home physical therapy where someone comes into your home two days a week and teaches you how to exercise at home. Do you qualify for home infusions or must you go to an infusion center?

Take the Benefits Check up at <http://www.benefitscheckup.org/> and find out what you qualify for. The information matches up your qualifying income level and your basic needs and gives you a comprehensive list of services that should be available to you. Follow through by contacting each service, supply them with the needed data to get you the services you need and deserve.

### Free Clinics

Free clinics offer many services. They often offer informational screenings for blood pressure, cholesterol, diabetes, bone density and general health related to weight. Breast cancer screenings and prostate screenings are also available through this type of program. Many free clinics are sponsored by hospitals or nursing programs where volunteer nurses and doctors and students can practice while providing a public service. Take advantage of these special clinics and note the numbers they give you. You can report these back to your doctor at your next visit. Watch your newspaper for upcoming programs this spring.

### Dental Care

There are reduced and free dental clinics in every state. You may have to wait some time for one of these programs to give you an appointment. Preventative care is imperative so we emphasize the importance of brushing and flossing. A toothbrush and dental floss are cheap compared with the cost of periodontal surgery, extractions and dentures. If you need care and are without dental insurance, talk with the office when you make your appointment and make payment arrangements prior to any procedures. Dentists have ways of reducing costs or offering discounts. In recent years, dental schools have worked together and set up tent cities for weekends in areas where there is a large scale of unmet need. Information about these programs is usually available in newspapers and at local health departments and social services offices. Check your phone book for dental clinics in your area. If you live in an area with a teaching university or medical school, there may be a dental school that can also offer reduced, low cost or free dental care.

### Eyecare



Eyeglasses are another one of life's expensive necessities. We are not aware of any programs that offer free screenings for vision. But, your local Lions club offers assistance for glasses. Contact your local club and ask if funds are available for an exam and/or glasses. Glasses can be bought cheaply enough

by shopping around at places like Walmart Vision Center. Many of the larger chains will offer the Buy one, get one free deals, which sound good, but, you are still paying a high price. Go for the discounted frames. They carry the same warranties as the more expensive ones. From my own experience, if a frame is going to break or be defective, you will find out early in its lifetime and the company will replace it. If you have old glasses to get rid of, try donating them to your local Lions Club.

## William H. Poppett Memorial Scholarship

William (Bill) Poppett was a founding father of the Alpha-1 Advocacy Alliance and of the original Alpha-1 support email group with Claude Baril. For years he served as a monitor of the list, greeting each Alpha who joined the group with a blow by blow account of how he managed his life as a Navy Chief and father of two lovely daughters while dealing with the effects of Alpha-1 lung disease. Bill underwent a lung transplant in February 2000 and grabbed his life back. He ran into problems after several years with skin cancers which he battled right up until the end, with his lung still going strong. He passed away in February of 2010. The Alliance re-named our Memorial Scholarship after him but it reflects all donations made in the name of Alphas who have left us. Each year, all memorial donations are lumped into \$500.00 scholarships awarded to Alphas or children of Alphas pursuing college or an advanced degree. This year we will award two \$500.00 scholarships in August. The recipient names' will be listed in a later issue of *The Register*.

The topic of our essay is "How Has Alpha-1 Affected My Family's Dynamics." Your essay should be at least 500 words, 700 maximum, typewritten with a cover sheet listing your name, address, email, telephone and the name and address of your college. Entries must be submitted by email to [essay@alpha1advocacy.org](mailto:essay@alpha1advocacy.org) by June 30, 2011.

	<b>Organ/Tissue Donor Card</b>	
I wish to donate my organs and tissues. I wish to give:		
<input type="checkbox"/> any needed organs and tissues	<input type="checkbox"/> only the following organs and tissues:	
Donor Signature _____ Date _____		
Witness _____		
Witness _____		



**Alpha-1 Advocacy Alliance**  
PO Box 202  
Wolftown, VA 22748

**Address Service Requested**

**FOR INFO CALL: 540-948-6777**  
Toll Free: 1-866-FOR-A1AA  
Fax #: 540-948-6763  
<http://www.alpha1advocacy.org>

**Inside: Utility, Mortgage and Rental, Prescription, Food & Other Assistance Programs**  
**THE ALPHA-1 FAMILY PROVIDING INFORMATION AND EDUCATION TO THE COMMUNITY.**

## **Alphapotamus**

How can Alphapotamus help you? I am here to help all the Alpha kids. What does that mean? Can I help you when you go to the doctor not be nervous? I can if you take me with you and hug me tight. You can talk to me in my ear and I will listen if you want to just talk. You can squeeze my arm or even my big 'ole foot if they have to stick you with a needle and take blood. If it hurts a little, you can fuss at me. If you might have a tear trickle down your face, I will let you use my shirt to wipe it away. I will ask you to use a tissue if you have to blow your nose. It would just be too gross if you wiped your nose on me.

Uh oh, what if you don't have an Alphapotamus? If you are an Alpha kid, all you have to do is ask for one. We will mail one to you for free. Easy. You can send an email to [alphapotamus@alpha1advocacy.org](mailto:alphapotamus@alpha1advocacy.org) or call us with your name, date of birth, address and phone number. Every big Alphapotamus should have a little Alphapotamus to get through the day with. I will help you get through the tough days as well as celebrate the great

days. It's all about sharing a little bit of me with you. Have a great day and go out there and share a hug with someone. And, call me if you need a little me. 866-367-2122.



*You can  
call on me!*